

# POLAR BEARS

## LEVEL 1 INTRODUCTION TO SKIING

I know what to wear when skiing

I can put my boots and skis on by myself

I can walk round an obstacle course in my skis

I can ski down the hill

I check it is clear before I ski down

## INTRODUCTION TO PLOUGHING

I can side step up the hill

I can ski in a plough (V shape)

I know where to stand when not skiing

## LEVEL 2 LEARNING TO PLOUGH & USE THE LIFT

I can go in and out of a plough when sliding

I can use my plough to control my speed

I can use the lift

I can control myself by ploughing from level 1

Accomplished

  
  
  
  
  
  
  
  
  

## INTRODUCTION TO STEERING

I know where to look before setting off

I can use the lift by myself

I can steer one mat wide from level 1

  
  

## COACHING

I can turn around markers

I can shape my turns to control my speed

I can steer around objects and other skiers

I can speed up and slow down as told by my instructor

I ski with consideration for others

I am ready to ski on my own

I am ready to join Junior Development Club

  
  
  
  
  
  

**I have completed my Gloucester Ski & Snowboard Centre Polar Bears / Blue Award!**

Signed by Instructor:

Date:

Instructor comments